Horoscopes and Birthdays

In astrology, those born between August 1–22 are Leo’s Lions. Lions are the “kings” of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. As such, Virgos make perfect humanitarians.

Francis Scott Key – August 1, 1779
Louis Armstrong – August 4, 1901
Neil Armstrong – August 5, 1930
Dustin Hoffman – August 8, 1937
Allegro Kent – August 11, 1937
Mae West – August 17, 1893
Robert De Niro – August 17, 1943
Connie Chung – August 20, 1946
Dorothy Parker – August 22, 1893
Leonard Bernstein – August 25, 1918
Leo Tolstoy – August 28, 1828
Ted Williams – August 30, 1918
Van Morrison – August 31, 1945

The Susan J Rheem Adult Day Center

August 2017

Our Team

Laura Druebelis
Director
John Shippen
Wellness Nurse
Kerrie Petersen
Activity Director
Margie Jones
Transportation Director
Kira Bradford
Administrative Assistant
Jim Holmes
Cook
Care Partner Team
Brooke
Kim
Elva
Transportation Team
Henry
Mike
Rick
Victor

The Art of Art Appreciation

August 11 is Worldwide Art Day, so whether you paint, draw, sculpt, take photographs, play a musical instrument, write, or dance, this is a day to revel in the beauty of art. For centuries, people have asked, “What is art?” Early critics believed that art was simply imitation—a painting of a flower or sculpture of a dancer—but art is much more than that. It is beauty, harmony, a revelation of truth, a communication of feeling and self-expression. Truly, art is as diverse as its definition. So what is art? You’ll know it when you see it—and may surprise yourself when you make it.

We consume everyday: we eat food, watch television, and buy clothes and other goods. This is the day to not be a consumer but a creator. Creation is the bringing of something new into existence, and it is an empowering experience. Whether you paint a masterpiece or construct a makeshift centerpiece out of tissue paper and empty bottles, your creation will take on a life of its own as a form of creative self-expression. If you’re still looking for inspiration as an artist, you can spend the month of August enjoying the work of others, for August is American Artist Appreciation Month. Georgia O’Keeffe painted flowers. Norman Rockwell illustrated idyllic scenes of American life. Aaron Douglas created inspiring murals. And these are just visual artists. There is an endless wealth of writers, singers, and dancers to awe and inspire you. Are you intimidated by art? Does visiting a museum or jazz club scare you? Just as creating art is an individual expression, enjoying art is also a personal experience. There are no right or wrong ways to enjoy art. If you’d rather stay at home, then grab your box of crayons and a coloring book on August 2, Coloring Book Day. For many, this type of artistic expression is just the right fit.